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[Claim 1] An ion for ink jet recording, prepared by dissolving or dispersing a dye represented by the following general formula (1) in one aqueous medium, characterized in that the total amount of cations other than a monovalent metal ion, hydrogen ion, ammonium ion, organic quaternary nitrogen ion and ions generated by proton addition to nitrogen atoms in basic organic matters is 0.5 mass% or less based on the ink.

General formula (1):

$$A-N=N-N$$

$$B^{2}=B^{1}$$

$$N$$

$$R^{5}$$

$$R^{6}$$

in the general formula (1), A represents a five-membered heterocyclic group, B^1 and B^2 each represents $=CR^1-$, $-CR^2=$ or either of them represents a nitrogen atom and the other represents $=CR^1-$ or $-CR^2=$. R^5 and R^6 each independently represents a hydrogen atom or a substituent, and the substituent represents an aliphatic group, an aromatic group, a heterocyclic group, an acyl group, an alkoxycarbonyl group, an aryloxycarbonyl group, a carbamoyl group, an alkylsulfonyl group, an arylsulfonyl group or a sulfamoyl group, and a hydrogen atom of each substituent may be substituted. G, R^1 and R^2 each

independently represents a hydrogen atom or a substituent, the substituent represents a halogen atom, an aliphatic group, an aromatic group, a heterocyclic group, a cyano group, a carboxyl group, a carbamoyl group, an alkoxycarbonyl group, an aryloxycarbonyl group, a heterocyclicoxy carbonyl group, an acyl group, a hydroxyl group, an alkoxy group, an aryloxy group, a heterocyclicoxy group, a silyloxy group, an acyloxy group, a carbamoyloxy group, an alkoxycarbonyloxy group, an aryloyxcarbonyloxy group, an amino group, an acylamino group, a ureido group, a sulfamoylamono group, an alkoxycarbonylamino group, an aryloxycarbonylamino group, an alkylsulfonylamino group, arylsulfonylamino group, a heterocyclic sulfonylamino group, a nitro group, an alkylthio group, an arylthio group, a heterocyclic thio group, an alkylsulfonyl group, an arylsulfonyl group, a heterocyclic sulfonyl group, an alkylsulfinyl group, an arylsulfinyl group, a heterocyclic sulfinyl group, a sulfamoyl group or a sulfo group, and a hydrogen atom of each substituent may be substituted. R^1 and R^5 , or R^5 and R⁶ may join to form a 5- or 6-membered ring.